

McBeth Recreation Center

Adaptive Sports • Special Events • Camps • Dances

RECREATION PROGRAM GUIDE

CityofAustinParks.org



January through May

2014



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(512) 974-9011

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Please note that the McBeth Recreation Center will be closed for its Annual Maintenance Week; 3/17–3/21/2014. All programs provided at off-site locations will be conducted as normal, but programs conducted at McBeth will NOT be available.



The City of Austin is proud to comply with the Americans with Disabilities Act. The Department is committed to supporting people with disabilities in recreation and believes in providing opportunities where in all individuals are accepted, included, and welcomed to live, learn, and play together. The Department supports this choice through our Inclusion Support Services. If you would like more information regarding our Inclusion Support Services, please contact Kipa Smith at (512) 974-3917 or email inclusion@austintexas.gov

McBeth Recreation Center Youth Programs

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(512) 974-9011

Youth Program Goals:

The Parks and Recreation Department is committed to offering programs that foster Youth Development in a safe and caring environment. We believe in creating opportunities for youth that expose them to critical thinking, leadership development and help them explore their interests through outdoor enhancements, arts, and active play. Come and experience the spectrum of opportunities with the youth programs.

Pre-registration Required!

Out of School Time

AFTER SCHOOL EXPLORERS

Designed to foster youth development through active play and enrichment activities. The after school program offers a variety of supervised activities including arts and crafts, science projects, nutrition lessons, sports, educational games, and other enrichment activities. A healthy snack is available each day. *Transportation is not provided*

Program Hours: 2:45pm –5:55 pm
(5 Minute grace period for child pick up)

Dates: Mon-Fri

Ages: 6-22 years

January	\$100
February	\$100
March	\$75
April	\$100
May /June	\$125

C-Day Program

No school today? Don't sit at home with nothing exciting to do. Join us for a fun day filled with learning and exploration. This program is offered on non-city holidays that are teacher work days. The center will provide an all day camp that will include active games, enrichment activities and more. Each child is required to bring a lunch and two snacks daily. This is not a drop-in program and a minimum of 6 registered participants are required in order to conduct this program. Ages: 6-22 years old

Dates: Friday, April 18, 2014

Program Hours: 7:30am –6pm

Fee \$26

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SUMMER DAY CAMPS!!

The Danny G. McBeth Recreation Center is proud to offer adapted summer camps to youth ages 6 to 22 years with varying abilities. Summer Camp begins Monday, June 16th. Camp sessions are offered by the week. The last day of camp will be August 22, 2014.

Full day camp (\$130/week) begins at 7:30am and ends at 5:55pm. There is a 5 minute grace period for late pick ups due to unexpected traffic or other unforeseen problems. Please call the recreation center if you believe that you will be running late.

Half day camp is also available for \$70/week, held from 7:45am to 12:45pm.

Spring Break Camp 2014

Monday, March 10th-14th

**Registration for Spring
Break Camp will begin
Monday, January 6th.**

**Full payment is required at
time of registration. Space
is limited.**

Join us for Spring Break Camp and plan to have fun no matter what the weather brings. This camp is designed to provide campers with fun and exploration in a supervised and structured environment. Each camper is required to bring a lunch and two snacks daily. This is not a drop-in program and a minimum of 8 registered participants are required in order to conduct this program.

Program Hours: 7:30am -6pm

Dates: 3/10 through 3/14

Fee: \$130

Ages: 6-22 years

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Adult Programs

Adult Program Goals:

The Austin Parks and Recreation Department wants to increase awareness of and promote regular participation in health & physical fitness activities. At the end of the program, participants will be able to demonstrate proper technique in all required elements.

(512) 974-9011

Wednesdays ~ Friendship Café

Join us for an evening of friends and healthy recipes. Each week participants will prepare a new recipe. Participants should be able to follow simple directions and know basic kitchen safety. Space is limited to 14 participants so pre-registration is recommended.

**Program each Wednesday
6:30pm-8pm**

**Fee: \$4 each Wednesday
Ages: 18 years and older**

Enrichment

GNAC: Good Neighbor Adventure Club

GNAC is a daily recreational program for adults with intellectual and physical disabilities. The program provides an opportunity to recreate with peers in a group setting while focusing on social interactions and fostering independence. Activities are adapted based on abilities in an age appropriate manner. Participants may sign up for 1 day or multiple days per week. Call for program criteria and day availability. Additional registration forms are required.

Program hours: 9am-2:30pm, Monday-Friday

In 2014, GNAC will not meet on:

**1/20, 2/17, 5/26, 7/4, 9/1, 11/11, 11/26-11/28
and During the Christmas Holidays TBA**

**Program will also be closed during our annual
Maintenance Week; 3/17 -3/21**

Fee: \$15 per day

Ages: 18 years and older that meet criteria



Mondays ~ Variety Night

Join your friends for games, crafts, birthday/bingo, and Wii Sports challenge. Will not meet on 1/20, 2/17, 5/26, or 9/1

Program Hours: 6:30pm-8pm

Fee: \$2 each Monday

Ages: 18 years and older

Fridays ~

Helping Hands Service Group

Join the Helping Hands Service Group and give back to the city of Austin. We will be serving at various organizations around the city. Our goals are to work hard, give back to our community and, of course, have fun! Due to the nature of the program, participants should be self-sufficient in feeding, toileting, and mobility, able to stand for at least 30 minutes at one time and be able to lift 5-10lbs of weight.

Program Hours: 9am-12pm

Dates: 2/7 through 4/25

Fee: \$15

Ages: 18 years and older

Enrichment

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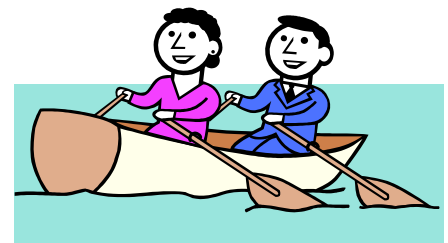
Adaptive
Sports

Adult Program Goals:

The goal of the staff is to provide a variety of meaningful recreation experiences that will enhance quality of life. Staff to participant ratios vary from 1:4 to 1:15 depending on the type of program & special needs of the participants. City of Austin PARD Programs, activities and day camps are designed for group interaction and enrichment, therefore, those participants requiring 1:1 assistance more than 50% of the time or are unable to meet our code of conduct and/or level of care policy, may provide, at their own cost, an attendant without being charged additional program fees. The attendant must meet approval of both the care giver and the Site Manager. Personal care is not provided in Adult Programs.

(512) 974-9011

Outdoors Adventure and Nature Appreciation



Tuesday ~ Rock the Boat

Be introduced to kayaking and canoeing on Beautiful Lady Bird Lake through this joint program with the Texas Rowing Center. This program is limited to 10 people per session so sign up early. **Pre-registration is required** for each session and is available at McBeth Recreation Center only. Always check with your doctor before beginning any new exercise. Wear appropriate clothing for the weather.

Program Hours: 1pm-2:30pm
Dates: 3/18 through 4/29
Fee: Free
Ages: 16 years and older

Thursday ~ Outdoor Adventure Club

Come join in the fun and excitement of Outdoor Adventure Club. Joining this outdoor education class is an excellent way to exercise, learn and have fun at the same time. Due to the nature of the program, participants should not have any problems traversing rough terrain. All participants should wear appropriate clothing for outdoor use and closed-toed shoes.

Program Hours: 3pm-4:30pm
Dates: 3/27 through 5/15
Fee: \$15
Ages: 18 years and older

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Adult Programs

Adult Program Goals:

The Austin Parks and Recreation Department wants to increase awareness of and promote regular participation in health & physical fitness activities. At the end of the program, participants will be able to demonstrate proper technique in all required elements.

(512) 974-9011

Dance and Fitness

Wednesday ~ Modern Dance (Wings II)

Class size is limited. Get Moving! Create, express, and collaborate in this modern dance class taught by dance education specialist, Michele Owens. Michele is the Director of Wings Dance Company. Register for this **highly popular** program at the McBeth Recreation Center.

Dates: Wednesdays

1/8 through 4/23

Program Hours:
11:15am-12pm

Fee: Free but you must register.

Ages: 18 years & older

Recreational Bowling Fridays at Dart Bowl -- 5700 Grover

Enjoy an afternoon of bowling and fun with friends out in the community.

Pre-registration is required. You must mail or deliver the \$5/mo. registration fee and enrollment form to McBeth Recreation Center prior to attending this program.

Dates: Fridays

1/3 through 5/16

Program Hours:
4pm-6pm

Fee: \$5 per month paid to McBeth PLUS \$2.25 each game paid directly to the bowling alley

Ages: 16 years & older

Saturday ~

Monthly Dances

Come spend time dancing and jamming to your favorite tunes the third Saturday of each month. Enjoy a free snack and spending time with your friends. The Friends of McBeth provide additional concessions at a low cost with proceeds going toward camp scholarships and program enhancements.

3rd Saturday of month

Dances will be held on
1/18, 2/15, 3/15,
4/19, 5/17

Program Hours:
7pm-9pm

Fee \$2 per person
(staff/caregiver free)

Ages: 18 years & older

****Pictures will be made at the February Dance, Please dress up for pictures and be prepared to purchase your "Sweetheart" photos at a low cost**

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Adaptive Sports

Austin Parks and Recreation **Delegation**

Head of Delegation: Amy Collins
Amy.Collins@austintexas.gov

Each sport has a \$15 fee for participation paid to McBeth Recreation Center

Additional fees paid to SOTX may be needed for participation in Special Olympics State competitions.

A City of Austin registration form is needed for all sports and must be completed by a parent or guardian. The registration form plus a \$15 registration fee is required prior to attending the program. For participants also wanting to participate in Special Olympics competitions, a current Special Olympic medical/release must be completed, signed by a doctor AND a parent/guardian/adult athlete, and submitted to the McBeth Recreation Center in order to begin participation in Special Olympics.

Competitions are divided into 3 seasons and 2 levels of competition. The three seasons are Summer, Fall and Winter. The 2 levels are Area Competition and Chapter Games or State Competition. You must be 8 years or older to participate at Area Competition. You must be at least 12 years or older and competed at Area in order to be eligible for Chapter Games (State Competition). Registration for Chapter Games is \$30 per athlete. Please make checks payable to SOTX.

(512) 974-9011

UPCOMING SPORTS

Contact the coach for detailed information. Most practices are at off-site locations.

Basketball begins
Dec. 3, 2013

South Austin Recreation Center on Tuesdays from 10-11:30am

Dittmar Recreation Center on Fridays from 5:30-7pm

Coaches: Laurel Heizelman and Michael Zavala

Tennis begins in February 26th, 5pm-6pm

Coaches: Laurel Heizelman and Kimberly Carroll-Flores

Cycling begins in February

Coaches: Sara Jones and Michael Zavala

Softball begins Mondays, May 5, 2014 from 5:45-7:15pm at Krieg Fields on Pleasant Valley Rd.

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Special Events

(512) 974-9011

Austin Parks & Recreation Adaptive Sports Annual Sports Awards Ceremony



If you were an athlete, coach, volunteer, or family member that competed or was involved with Austin Parks & Recreation Delegation 13 in 2013, please join us as we celebrate our successes!

Cake and Ice Cream will be provided and trophies will be given to athletes in attendance.

Saturday, March 15, 2014 at The McBeth Recreation Center

5:00-6:30 PM Please RSVP



ART IN THE PARK

Friday, April 4th, 2014 9:30 am—1:30 pm

Art in the Park is an opportunity for people of all ages with disabilities to express creativity through music & hands on projects. Individuals, groups, and schools are welcome. Registration begins January 6th. Please register in advance for Art in the Park at McBeth Recreation Center 974-9011

Zilker Park Jazzercise

The original dance exercise phenomenon! Each 60 minute class offers a blend of jazz dance and exercise science set to your favorite music - Top 40, jazz, country, funk and classics. Easy-to-follow, fun choreography includes a gentle warm up, 30-minute aerobic workout, muscle toning and strengthening segment with weights, and a stretch finale. For more information on these classes call 799-7879.

Monday, Wednesday 9:30am, 5:30pm

Tuesday, Thursday 8:30am, 6:00pm

Friday 9:30am

Saturdays 9am

Get Involved

(512) 974-9011

Volunteer at McBeth

McBeth Recreation Center offers opportunities for leisure experiences and development for individuals with physical, emotional, learning, and developmental disabilities. Our programs are designed to enhance the social, cognitive, and physical abilities of our adult and youth participants. *AND WE NEED YOUR HELP!* Volunteers must attend a volunteer orientation prior to his/her start. Call us at 512-974-9011 to schedule your orientation.

Internships and Fieldwork Placements

McBeth Recreation Center provides opportunities for interns and fieldwork students enrolled in either a graduate or undergraduate degree program at an accredited university majoring in Therapeutic Recreation, Adaptive PE, Kinesiology, or other related fields. Students will facilitate activities for people with disabilities in various programs in inclusive and adapted settings. Our internship meets requirements for students planning to become a Certified Therapeutic Recreation Specialist. All potential interns and fieldwork student must complete an application process in order to be considered for placement in our program. Contact Amy Collins at 512-974-9011 or Amy.Collins@austintexas.gov for further information.

Have your next get together at McBeth Recreation Center

McBeth Recreation Center is available for rentals during non-operating hours. A minimum of four (4) hours are required to rent an area at McBeth Recreation Center. All rentals must be approved and a refundable deposit made to secure a reservation. For more information or reservations, contact center staff at (512) 974-9011.

General Information

All classes must have a minimum number of participants in order to be conducted. The Parks and Recreation Department reserves the right to cancel, combine, change time, change dates, or make any revisions which may be necessary. You will be notified by telephone of your registration status if the class has been cancelled or revised. One way to deliver quality service is by limiting the class size to provide a good participant/teacher ratio. If a class has reached the maximum limit, names are placed on a waiting list and students are called as openings become available.

Cancellation & Refund Policy

(unless otherwise indicated)

Program attendance is the responsibility of the participant. Failure to attend a class does not entitle a participant to a transfer, make-up, prorate or refund.

Registration fees are refundable in full only if PARD has cancelled the class.

Cancellations for registration received up to one week prior to the first class meeting will receive a full refund minus a \$35 processing fee. If the class is \$35 or less, half of the fee will be refunded. Cancellations received less than one week prior to the first class meeting will not be issued a refund. All returned checks will be charged a \$25 fee.

Refunds can be issued to the charging credit card, by check from the City of Austin (please allow 4 - 6 weeks for processing) or you may apply the credit to your account, which may be used by any immediate family member for any program offered by PARD for up to six months.

Lost and Found

The City of Austin/McBeth Recreation Center is not responsible or liable for the loss, theft or damage of any personal belongings. Items found at the center will be placed in our lost and found area for up to one week.

McBeth Recreation Center
2401 Columbus Dr.

McBeth Recreation Center Staff

Amy Collins, Recreation Program Supervisor,
Amy.Collins@austintexas.gov

Kimberly Carroll-Flores, Recreation Program Coordinator,
Kimberly.Flores@austintexas.gov

Sara Jones, Recreation Program Specialist,
Sara.Jones@austintexas.gov

Laurel Heizelman, Recreation Program Specialist,
Laurel.Heizelman@austintexas.gov

Michael Zavala, Program Instructor,
Michael.Zavala2@austintexas.gov

Ruth Herzberg, Landscape Technician,
Ruth.Herzberg@austintexas.gov

Registration Procedures

Walk-in registrations are accepted on a first come, first served basis. Full payment is required for official registration (unless otherwise indicated). The front desk accepts registration Monday through Friday 9am-6pm.

Registration Fees

All class fees are due at registration time. Fees may be paid with cash, money orders, credit cards (in person only) or checks. A valid driver's license/ID is required when paying by check or credit



A Participant (youth participants are not required to complete the email and phone numbers within box A)

Name: _____
Birth Date: _____ Age: _____ Gender: ☐ M ☐ F
Mailing Address: _____ Zip: _____
Email: _____
Home Phone: _____ Cell Phone: _____ Work Phone: _____



Waiver/Registration Form
McBath Recreation Center
2401-A Columbus Dr.
Austin, Texas 78746
Phone: 512-974-9011 Fax: 512-327-6585

Waiver Directions:

Please complete waiver with an ink pen.
Adult Participants should fully complete boxes **A, B & E**.
Guardians of Youth Participants should fully complete boxes **A, B, C, D & E**.
Aquatic Participants should not complete box **D**.

B 1st Guardian /Emergency Contact [Authorized to update waiver? {Yes } {No }]

Name: _____
Mailing Address: _____ Zip: _____
Home Phone: _____ Cell Phone: _____
Work Phone: _____ Email: _____

C 2nd Guardian/Emergency Contact [Authorized to update waiver? {Yes } {No }]

Name: _____
Mailing Address: _____ Zip: _____
Home Phone: _____ Cell Phone: _____
Work Phone: _____ Email: _____

D Emergency & Non-Custodial Release Contacts Other Than Guardians (Please list contact persons in order of priority)

Name:	Home Phone:	Work Phone:	Cell Phone:	Relationship to Child:	Authorized to Pick Up Child?	Please Initial:
					{Yes } {No }	
					{Yes } {No }	
					{Yes } {No }	
					{Yes } {No }	

E Medical Care Information

- Any known allergies to food/drugs, insect stings, poison ivy/other plants, etc.? {Yes } {No } Please Specify: _____
- Any known existing illnesses? {Yes } {No } Please Specify: _____
- Please list any physical condition that could restrict activities or have a need requiring special care in order to participate in program/activity. _____

For Youth and Children Only

Does Participant require prescription medication during program hours? Program must exceed 1 hour. {Yes } {No } **If yes, please complete a Medication Authorization form.**

Image Release Waiver

I hereby consent to allow usage of photographs and video taken during this program and at our sites for publicity purposes in printed materials, and on our website. Photographs remain the property of the City of Austin Parks and Recreation Department. If you do not want to allow photos or videos, then please initial. {opt out }

Accessibility Accommodation Request

The City of Austin is proud to comply with the Americans with Disabilities Act. If you require assistance for participation in our programs or use of our facilities, please call 512.974.3910. Do you require accommodations? Yes No (Optional)

Standards of Care Notification

Children's programs/activities supervised by Parks and Recreation Department and requiring enrollment/registration in order to participate are not licensed by the state, but follow standards of care adopted in the City of Austin Ordinance No. 20110324-060. A copy is available and posted at each site.

Release of Liability

In consideration of participant being allowed to participate in the registered class(es) or program(s), the undersigned hereby releases the City, its employees and agents, from any action, claim or demand for personal injury or property loss arising from or due to any negligent act or omission of the City, its agents or employees. This release shall have no effect with regard to damages caused by the City's gross negligence. In the event the City or a volunteer provides transportation for the registered participant, this waiver and release shall extend to and release the City employee driver from any and all liability. Permission is given for any emergency medical treatment, operation or anesthesia which might become necessary. I agree to be responsible for the expense of medical treatment or service.

Signature: _____

Please Print Name: _____

Date: _____

Participant's Name: _____

Site Specific Questions

Are you or your spouse a City of Austin employee? {Yes _____} {No _____}

Would you like to receive updates by email? {Yes _____} {No _____}

If applicable: T-Shirt Size: Youth XS Youth S Youth M Youth L
Adult S Adult M Adult L Adult XL Other: _____

What school does your child attend? _____

Are you interested in becoming a volunteer coach? {Yes _____} {No _____}

If applicable, Volunteer Coach T-shirt Size: _____

Registration Function Class / Camp / Activity Title	Times AM/PM?	Class Dates	Class Fee	Deposit	Office Use Only Amount Paid Today	Cash / Check Number / CC ID & Auth Receipt Number	Date/Time Staff Initials
	AM PM		\$	\$	\$		
	AM PM		\$	\$	\$		
	AM PM		\$	\$	\$		
	AM PM		\$	\$	\$		
	AM PM		\$	\$	\$		
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	AM PM		\$	\$	\$		

SWIM LESSONS/WATER FITNESS/ADULT SWIM TEAM (only complete for Aquatic Program Registration)

1st choice: Session: _____ Pool: _____ Level: _____ Time: _____ Dates: _____ Fee: \$ _____

2nd choice: Session: _____ Pool: _____ Level: _____ Time: _____ Dates: _____ Fee: \$ _____

3rd choice: Session: _____ Pool: _____ Level: _____ Time: _____ Dates: _____ Fee: \$ _____

REFUND POLICY: Refund policies are program specific. Please refer to the refund policy of the program that you are registering for.



Austin Parks and Recreation

The purpose of the Austin Parks and Recreation Department is to provide, protect, and preserve a park system that promotes quality recreational, cultural and outdoor experiences for the Austin Community.

Persons with Disabilities

The City of Austin is committed to complying with the Americans with Disability Act. Individuals with disabilities are encouraged to participate in the McBeth Recreation Center programs. You may request special accommodations to facilitate participation and inclusion in these programs. Reasonable modifications and equal access to communications will be provided upon request. Call (512) 974-9011.

City of Austin Ordinance

Standards of Care for Children's Programs. Children's programs/activities supervised by the Parks and Recreation Department and requiring enrollment/registration in order to participate are not licensed by the state, but follow local standards of care as adopted. A copy of the ordinance is available and posted at each site. 20130822-121

Photo Policy

The Parks and Recreation Department regularly takes photos of participants in our classes, special events and other activities. The photos are for department use and may be used in presentations, brochures, flyers, public service announcements and other media uses. If you do not wish to have your picture taken please tell the photographer.



Mayor and City Council Mem-

Lee Leffingwell, Mayor
Sheryl Cole, Mayor Pro Tem
Chris Riley, Place 1
Mike Martinez, Place 2
Kathie Tovo, Place 3
Laura Morrison, Place 4
Bill Spelman, Place 5



City Managers Office

Marc Ott, City Manager
Michael McDonald, Deputy City Manager
Rey Arellano, Assistant City Manager
Robert Goode, Assistant City Manager
Sue Edwards, Assistant City Manager
Bert Lumbreras, Assistant City Manager
Anthony Snipes, Assistant City Manager

Parks and Recreation Department

Sara L. Hensley, CPRP, Director
Kimberly McNeeley, Assistant Director
Cora D. Wright, Assistant Director

Parks and Recreation Board Members

Jane Rivera, Chair
Jeff Francell, Vice Chair
William Abell, Board Member
Susana Almanza, Board Member
Dale Glover, Board Member
Lynn Osgood, Board Member
Susan Roth, Board Member